



If you smoke or use other tobacco products, QUIT! Call toll-free the South Dakota Quit Line (1-866-737-8487) for counseling support while you quit.

Follow a meal plan low in saturated fat and cholesterol, sweets and salt.

Reach and maintain a healthy weight.

Exercise regularly. Check with your doctor before you start an exercise program.

Your Doctor Can ...

- Help you understand how diabetes and heart disease are related.
- Help you to use your blood glucose results to achieve your diabetes goals.
- Check your blood pressure regularly and prescribe medication, if needed.
- Check your blood fats at least once a year.

- Talk with you about using aspirin as a preventive measure for heart disease.
- Ask you if you have any warning signs of heart disease.
- Refer you to a cardiologist (a doctor that specializes in heart problems) if needed.
- Refer you to a diabetes nurse and a dietitian to help you learn more about managing your diabetes.

Exercising, eating well, achieving normal blood glucose and blood pressure can help to reduce your risk of heart disease.



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Diabetes Prevention and Control Program
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<http://diabetes.sd.gov>

2,500 copies of this document were printed at a cost of \$.13 per copy.

Supported by a cooperative agreement with the
Centers of Disease Prevention and Control

Rev. 8/07

Diabetes & Your Heart



Content adapted from
recommendations of the
SD Diabetes Advisory Council and the
Centers for Disease Control and Prevention

Diabetes And Your Heart...

People with diabetes are more likely to develop heart disease, heart attacks, strokes, and other cardiovascular (heart and blood vessel) problems.

Diabetes And Heart Disease...

- Heart disease is the leading cause of death in South Dakota and the United States.
- You are two to four times more likely to develop heart disease if you have diabetes.
- Sometimes people with diabetes do not have chest pains or other symptoms if they are having a heart attack.

Risk factors that can increase your risk for heart disease include:

- High blood pressure
- Smoking/other tobacco use
- Overweight/obesity
- Abnormal blood fats (high cholesterol and triglycerides)
- Inactive lifestyle (little or no regular physical activity)

Common signs of a heart attack include:

- Uncomfortable pressure**, fullness, squeezing in the center of the chest that lasts more than a few minutes, or goes away and comes back.
- Pain that spreads** to the shoulder, neck, jaw or arms.



- Chest discomfort** with lightheadedness, fainting, sweating, nausea, or shortness of breath.
- Unusual chest pain**, stomach, or abdominal pain.
- Nausea** or dizziness.
- Shortness of breath** and difficulty breathing, especially with exertion.
- Unexplained anxiety**, weakness or fatigue.
- Palpitations**, cold sweat, or paleness.

Common signs of a stroke include:

- Sudden numbness** or weakness of the face, arm, or leg, especially on one side of the body.
- Sudden confusion**, slurred speech, trouble speaking or understanding.
- Sudden trouble seeing** in one or both eyes.
- Sudden trouble walking**, dizziness, loss of balance or coordination.
- Sudden severe headaches** with no known cause.

Call 911 right away if you experience signs of a heart attack or stroke. Remember, some people with diabetes have very mild or no symptoms at all.

What You Can Do To Help Prevent Heart Disease...

Know your blood fat levels and work with your doctor to improve them. Desired values for blood fats are:

- Cholesterol < 200 mg/dl
- LDL (bad cholesterol) < 70 mg/dl
- HDL (good cholesterol) > 60mg/dl
- Triglycerides < 150 mg/dl

Achieving your blood pressure goal is very important in preventing heart disease. Here are some tips to help you:

- Have your blood pressure checked regularly. If your blood pressure is higher than 130/80 mmHg, ask your doctor to help you lower it.
- If you take medicine to help control your blood pressure, don't stop unless your doctor tells you to do so.
- Cut back on the amount of salt you eat:
 - Use herbs and spices to season foods.
 - Limit canned, processed and fast foods.
 - Leave the salt shaker off of the table.
- Talk to your pharmacist if you have questions about your medications.